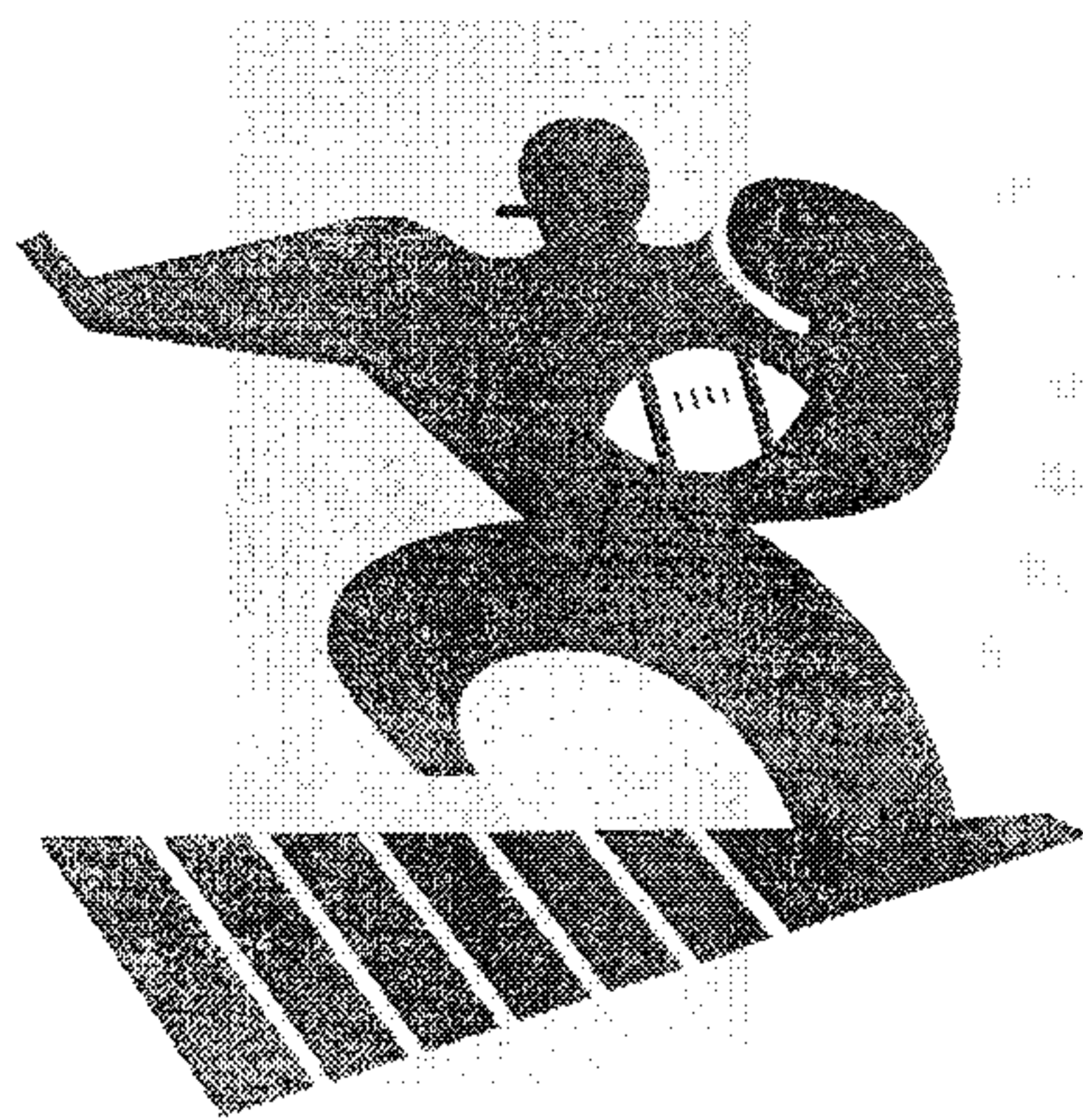


WESTVIEW WILDCAT FOOTBALL PLAYBOOK



BASIC RULES AND REGULATIONS

Field Layout

A regulation size Canadian football field is 110 yards long from goal line to goal line and 65 yards wide. The end zones are 20 yards deep. A series of lines called the "hash marks" are marked on the field 24 yards in from each sideline and go the length of the field from goal line to goal line. When a ball carrier is tackled outside these "hash marks" or goes out of bounds the team in possession of the ball will snap the football from the nearest hash mark.

Objective of the Game

The basic objective of Canadian tackle football is for twelve players to outscore their opponents, through coordinated effort, to place the football, either by running or passing, into their opponents end zone area or by kicking it through the upright.

Basic Rules

1. The game shall consist of 60 minutes of actual playing time, divided into 4 quarters of 15 minutes each. For players at the high school level or lower, it is customary that the game consist of 4 quarters of 12 minutes each. However, depending on the age of the players, league officials might adopt different playing times.

2. The game is started by an opening kick off and subsequent play is initiated from the point where the ball is "grounded" or where the receiving team's ball carrier is tackled. For simplicity's sake, a tackle is defined as having the forward progress of the ball carrier stopped by the defense forcing one of his knees to the ground.

3. Points for scoring are awarded on the following basis:

Touchdown: Run or pass the ball into the opponents end zone - 6 points.

Field Goal: The ball is place kicked between the goal post uprights, over the cross bar from anywhere on the field - 3 points.

Safety Touch: If the ball becomes dead in the end zone after having been carried, passed, or kicked from the field of play into their own end zone by the offensive team - 2 points.

Rouge: When the ball becomes dead in the possession of a team in its own end zone, or goes out of bounds in its end zone, as result of a kick into the end zone by the opponent - 1 point

Convert: Following a touchdown, a team may attempt to add to its score by place kicking the ball between the goal post uprights - 1 point, or by passing or carrying the ball into the end zone - 2 points.

5. A legal offensive play may begin when:

(a) at least 7 players are on the line of scrimmage and stationary for one second prior to the snap of the ball.

(b) no more than 12 players for each team on the field of play.

(c) ball is put in play by "snapping" the ball between the legs of a player (the centre) in one continuous motion to the hands of another player (the quarterback).

6. No player from either team may encroach on the one yard "neutral zone" between teams until the ball is snapped.

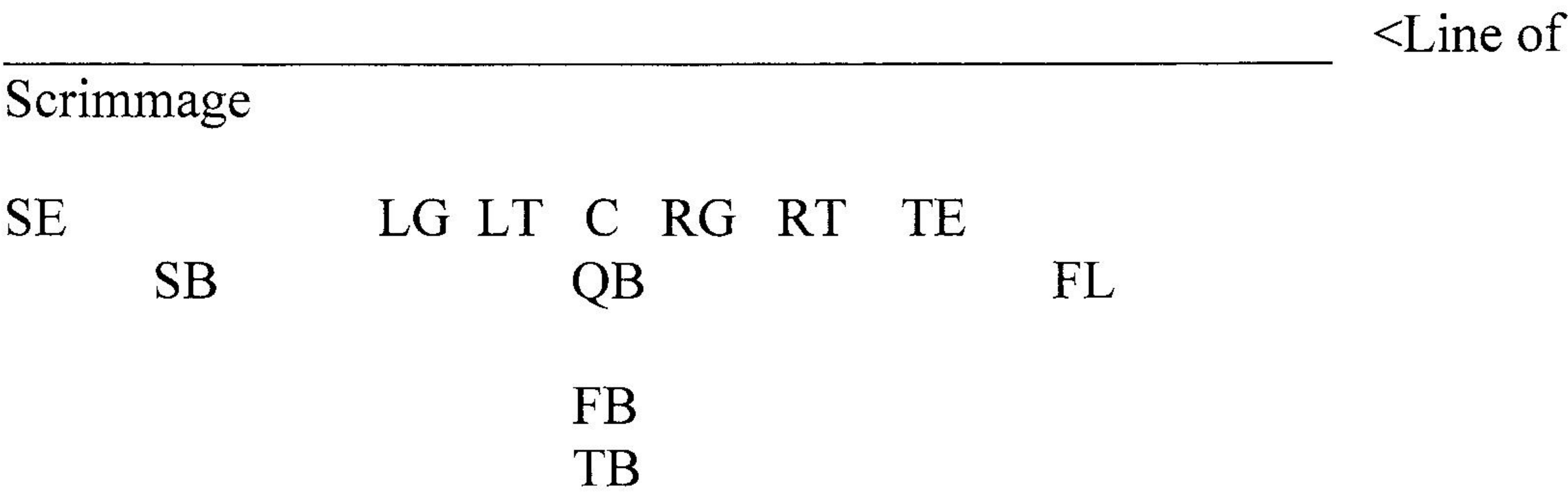
7. A team has 20 seconds to put the ball into play, once the official has spotted the ball.

8. The team in possession of the ball has three attempts or "downs" to gain 10 yards. It may advance the ball by carrying it, kicking it or throwing it. If the required distance is gained, the downs begin again. Failure to gain 10 yards in three downs results in the ball being awarded to the opponents.

9. Blocking an opponent from the rear, or holding, grabbing a defensive player is illegal.

10. Objectionable conduct is defined as 1) the use of profane, obscene or insulting language or gestures, 2) unsportsmanlike actions like throwing the ball at an opponent or official and 3) a tactic employed to delay or hinder the smooth operation of the game. There is no place for objectionable conduct by any member of a football team, player or coach !

BASIC OFFENSIVE POSITIONS



Position Terminology

- C- Centre

LG- Left Guard

LT- Left Tackle

RG- Right Guard

RT- Right Tackle

QB- Quarterback

TE- Tight End

SB- Slot Back

FL- Flanker

SE- Split End

TB- Tailback

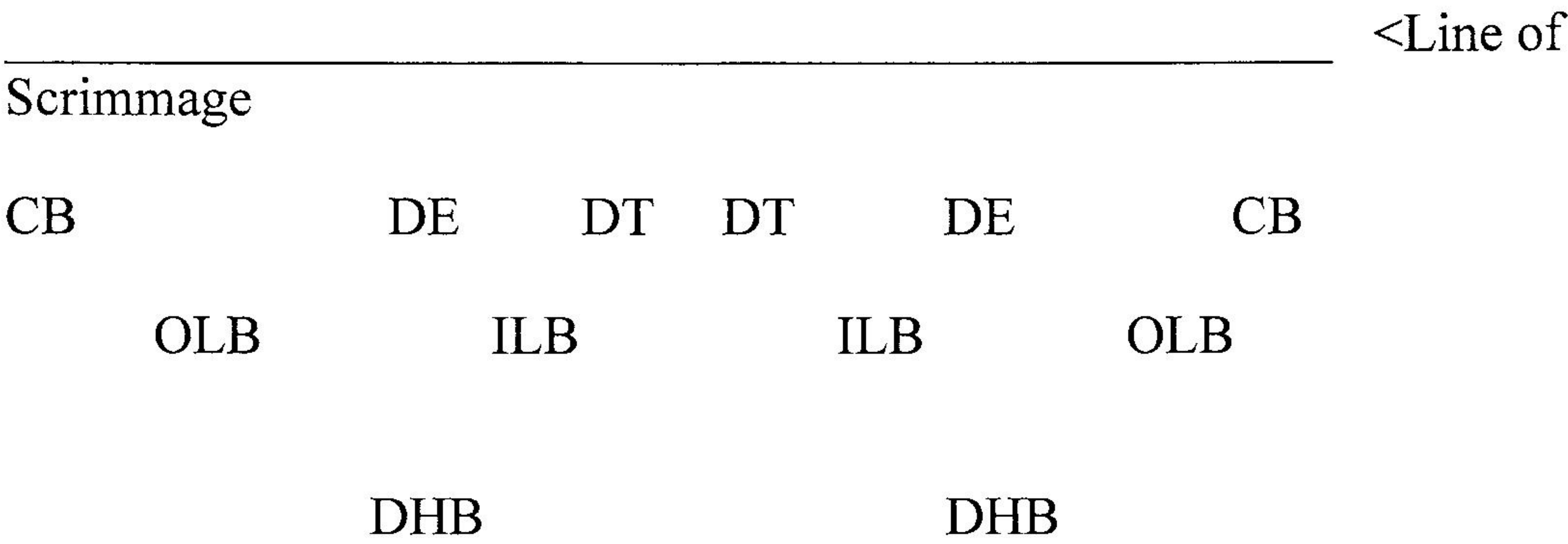
FB- Fullback

TE and SB are Inside Receivers

FL and SE are Outside Receivers

Remember: A minimum of 7 players must be on the "line of scrimmage" and stationary when the ball is snapped.

BASIC DEFENSIVE POSITIONS



- DT- Defensive Tackle

DE- Defensive End

ILB- Inside Linebacker

OLB- Outside Linebacker

CB- Cornerback

DHB- Defensive Halfback

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| Force Unit

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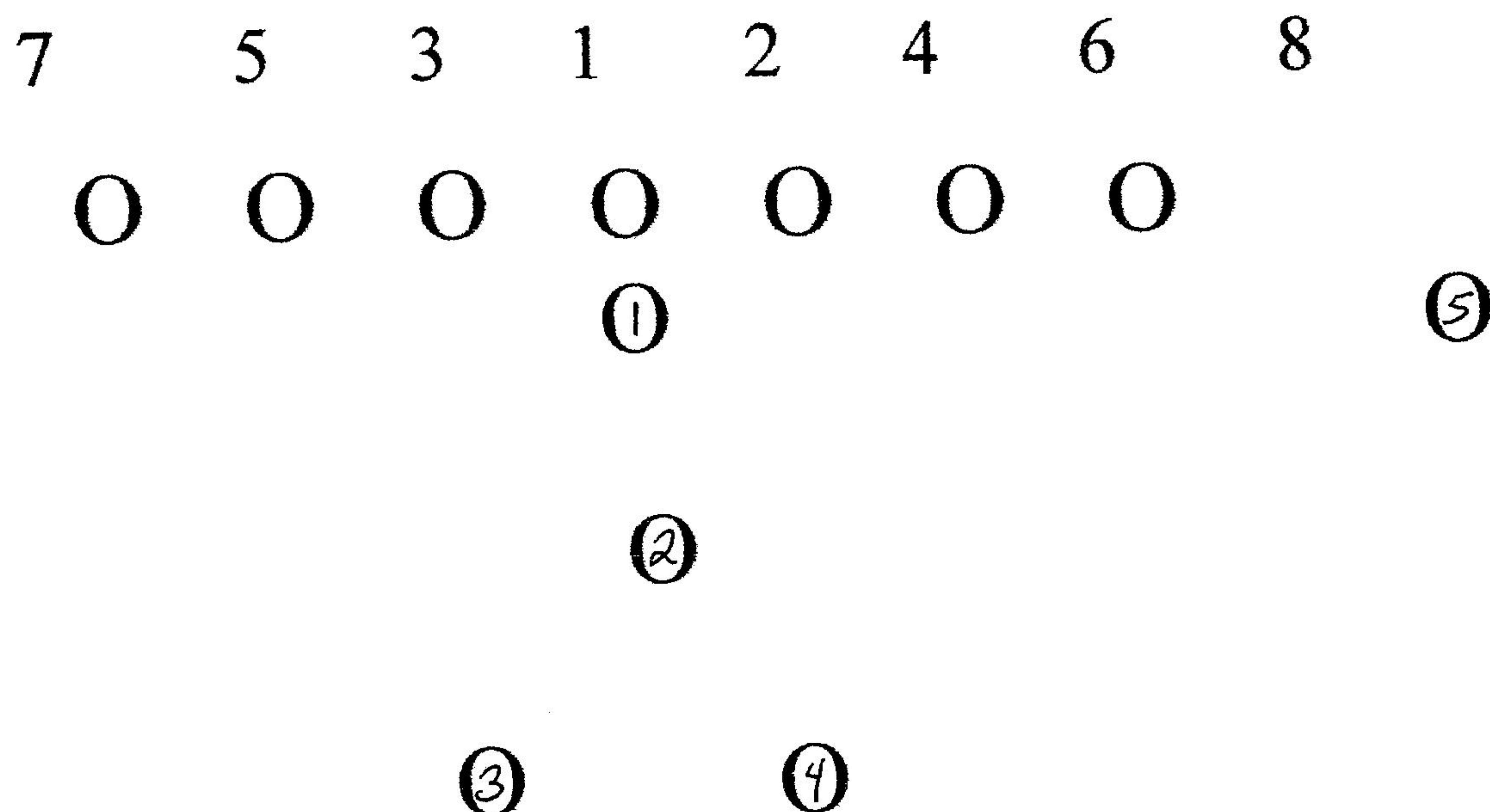
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| Contain Unit

KICKING FORMATIONS

PUNT	FIELD GOAL	KICKOFF
<div>V V</div> <div>V V</div> <div>V V V V</div> <div>O O O O O O O</div> <div>O O</div> <div>O O</div> <div>P</div>	<div>S</div> <div>V V V V</div> <div>V V V V</div> <div>O O O O O O O</div> <div>O O</div> <div>K O</div>	<div>V V</div> <div>V V</div> <div>V V V V</div> <div>O O O O O O O</div> <div>S</div> <div>K</div>

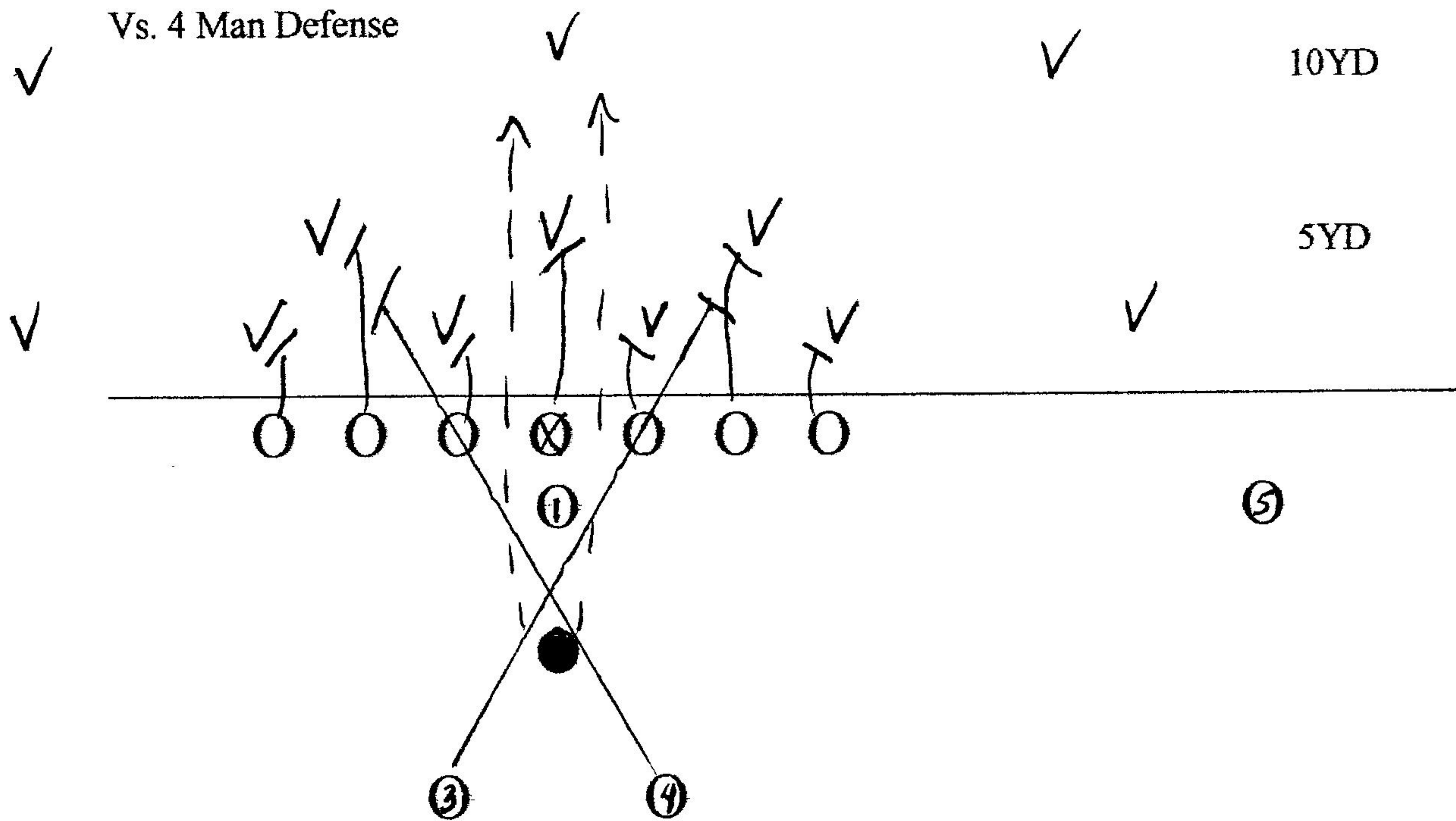
OFFENCE



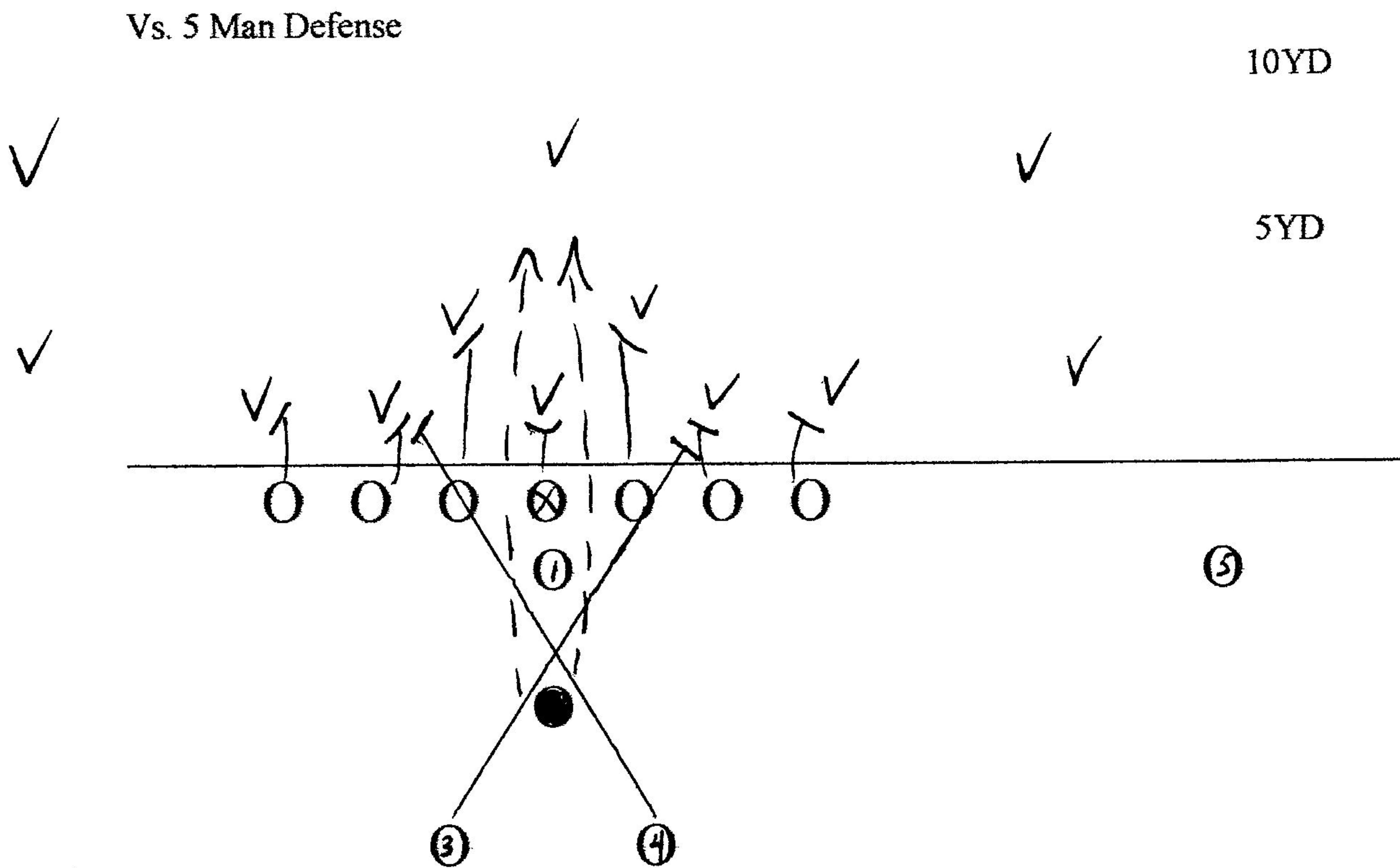
1. Holes are even numbers on the right of center.
2. Holes are odd numbers on the left of center.
3. The splits between linemen is approx. 1 yd.
4. CADENCE = Ready, Down, Set, Hut One...
5. First # is ball carrier 2# is hole.

STRONG RIGHT - 21 LEFT / 22 RIGHT

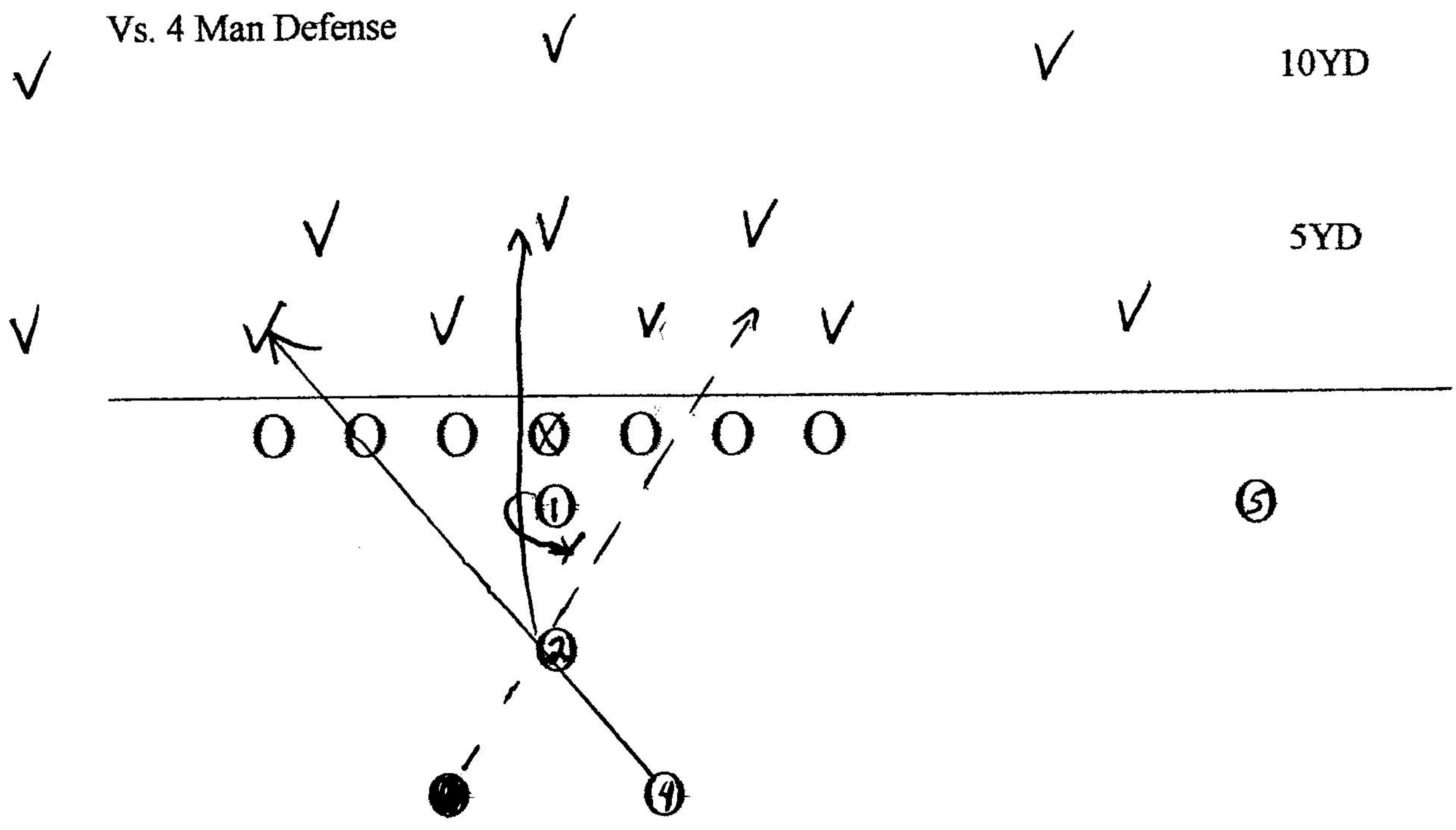
Vs. 4 Man Defense



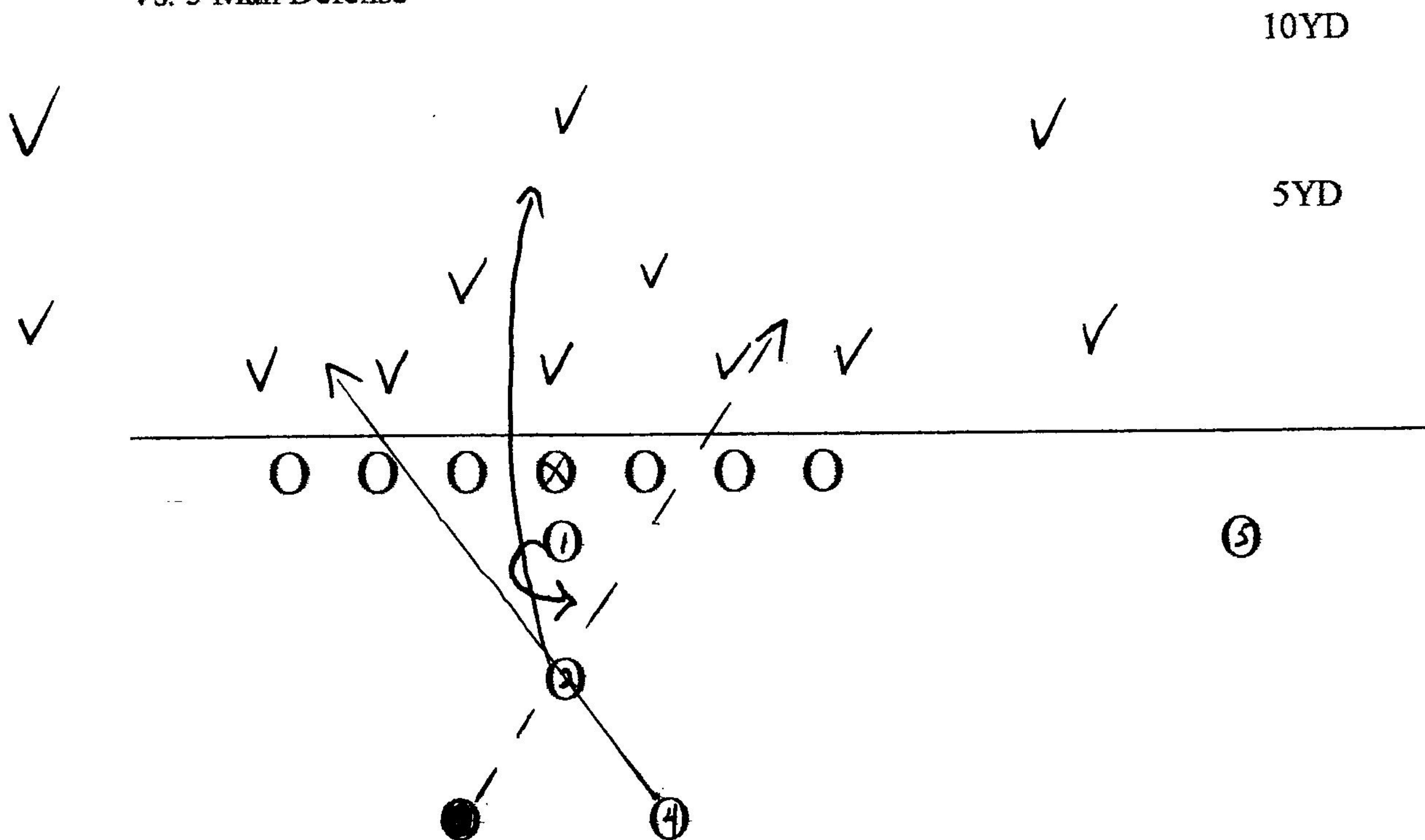
Vs. 5 Man Defense



STRONG RIGHT - 34 RIGHT



Vs. 5 Man Defense



STRONG RIGHT 34 DOUBLEBACK RIGHT

Vs. 4 Man Defense

10YD

5YD

5

Vs. 5 Man Defense

10YD

5YD

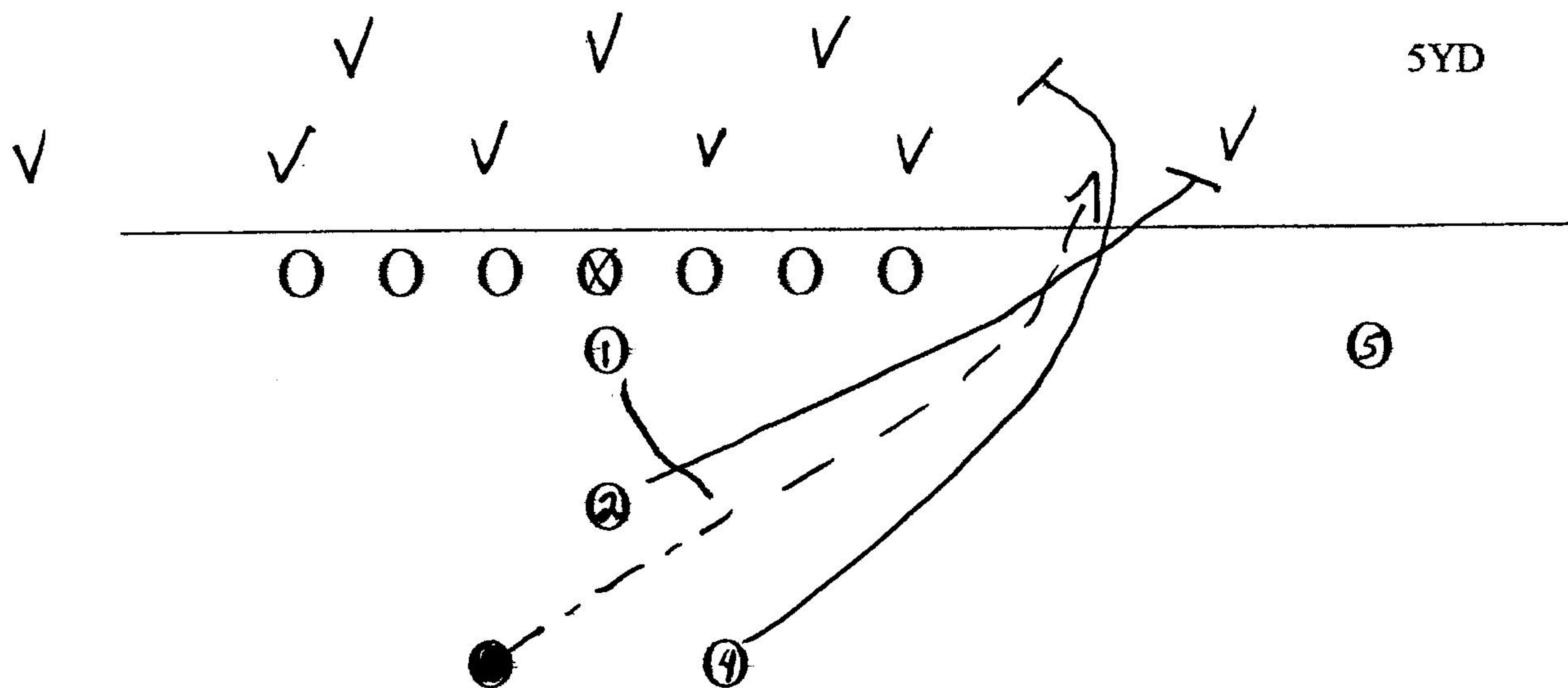
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STRONG RIGHT - 38 POWER SWEEP RIGHT

Vs. 4 Man Defense

10YD

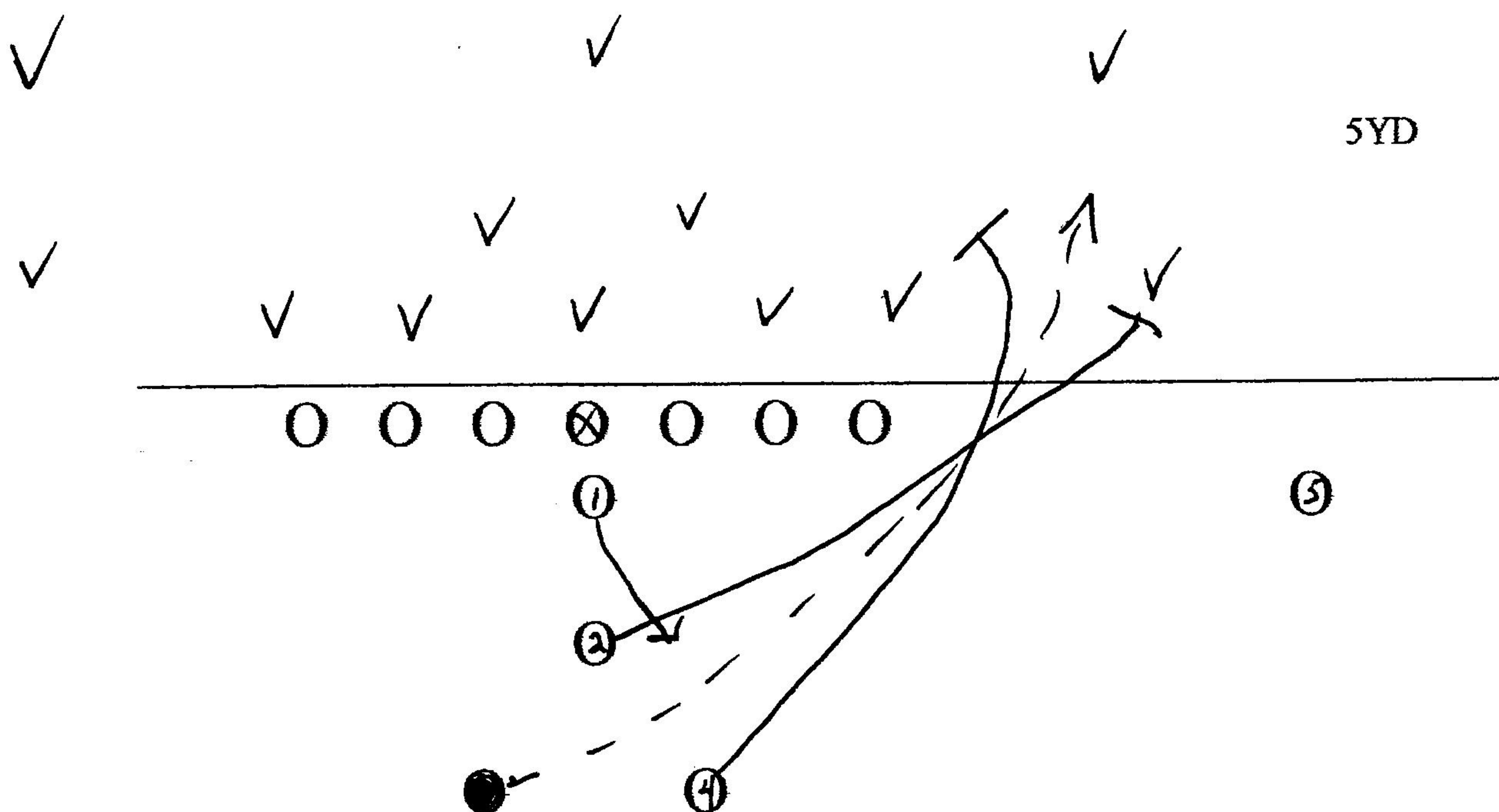
5YD



Vs. 5 Man Defense

10YD

5 YD



STRONG LEFT 43 DOUBLE BACK LEFT

Vs. 4 Man Defense

10YD

5 YD



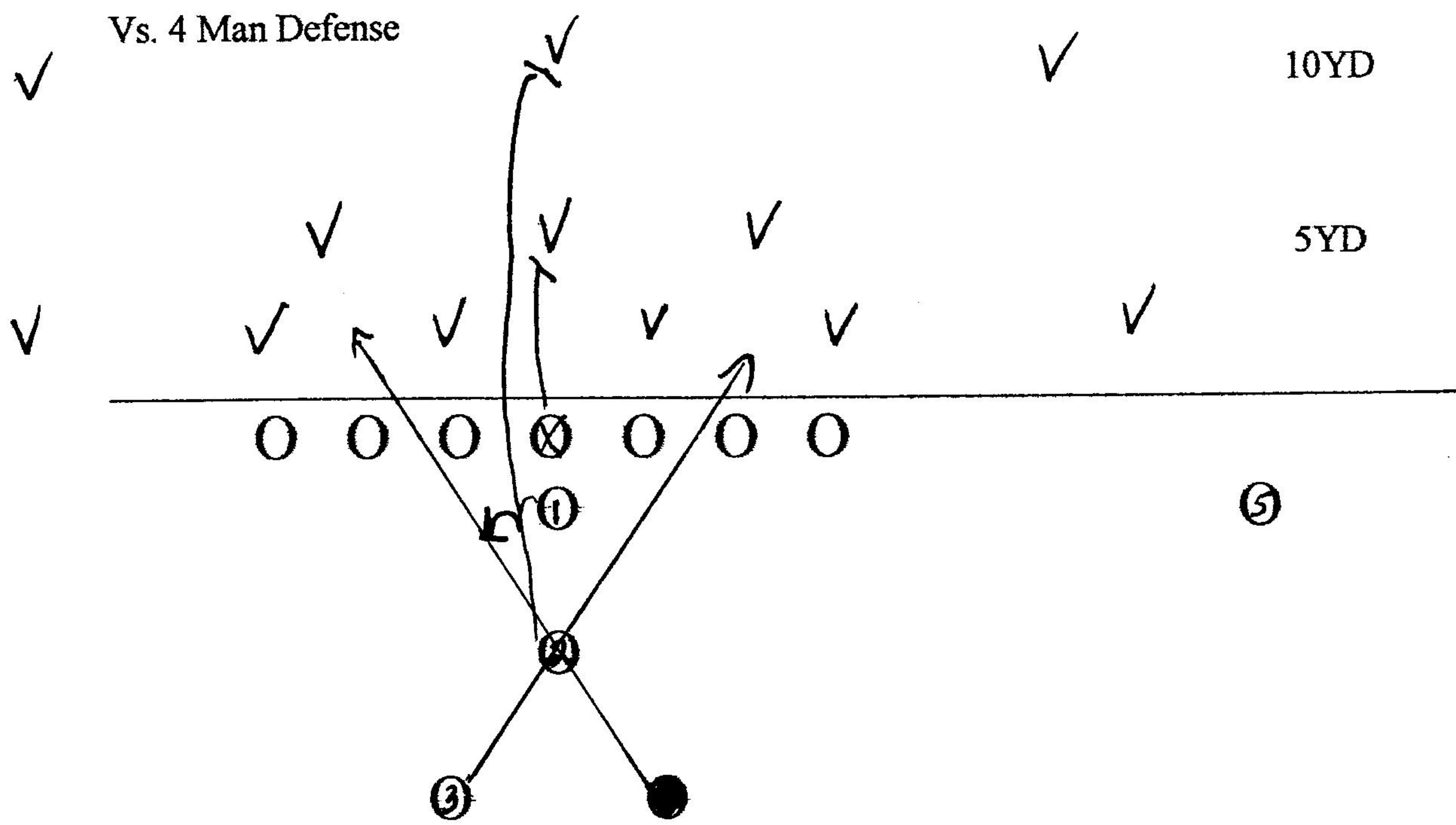
Vs. 5 Man Defense

10YD

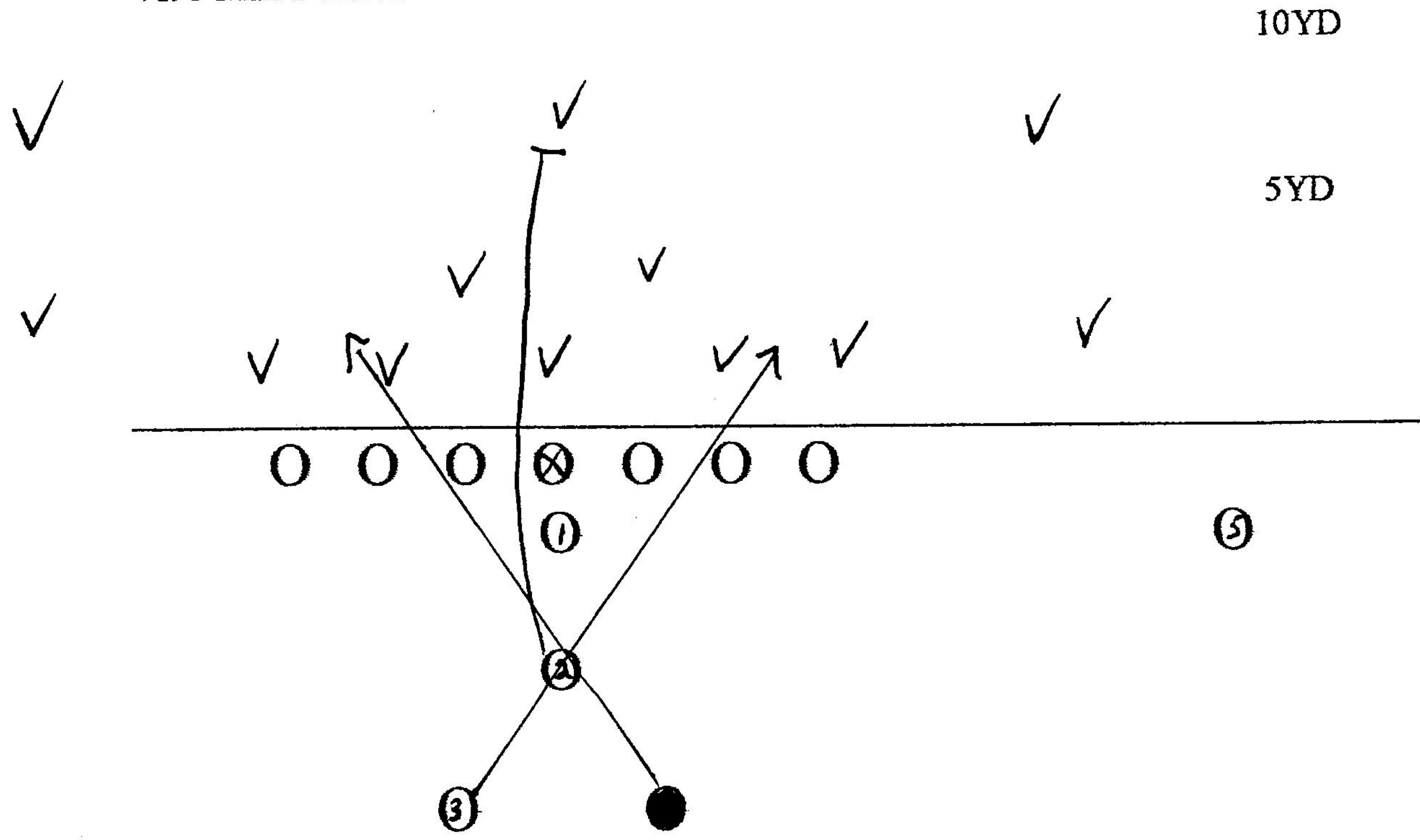
5 YD



STRONG RIGHT 45 LEFT



Vs. 5 Man Defense

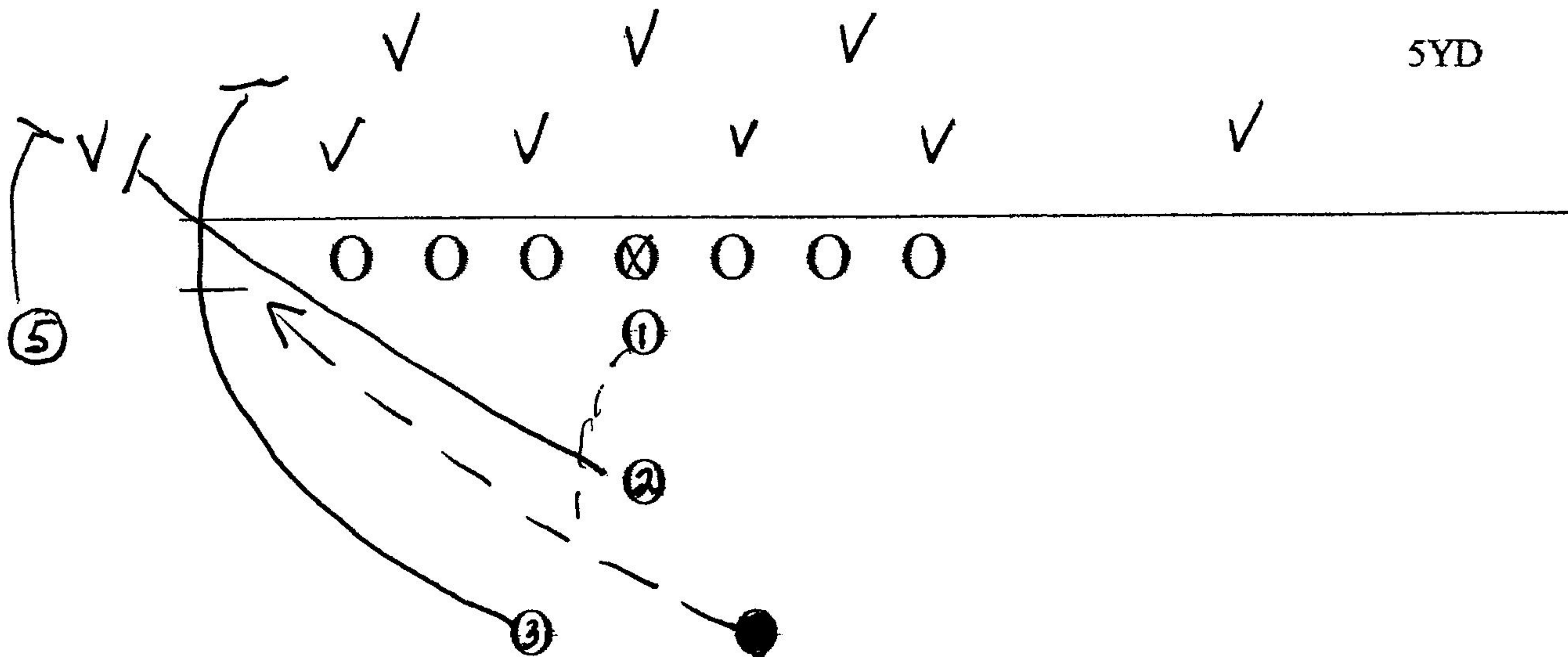


STRONG LEFT 47 POWER SWEEP LEFT

Vs. 4 Man Defense

10 YD

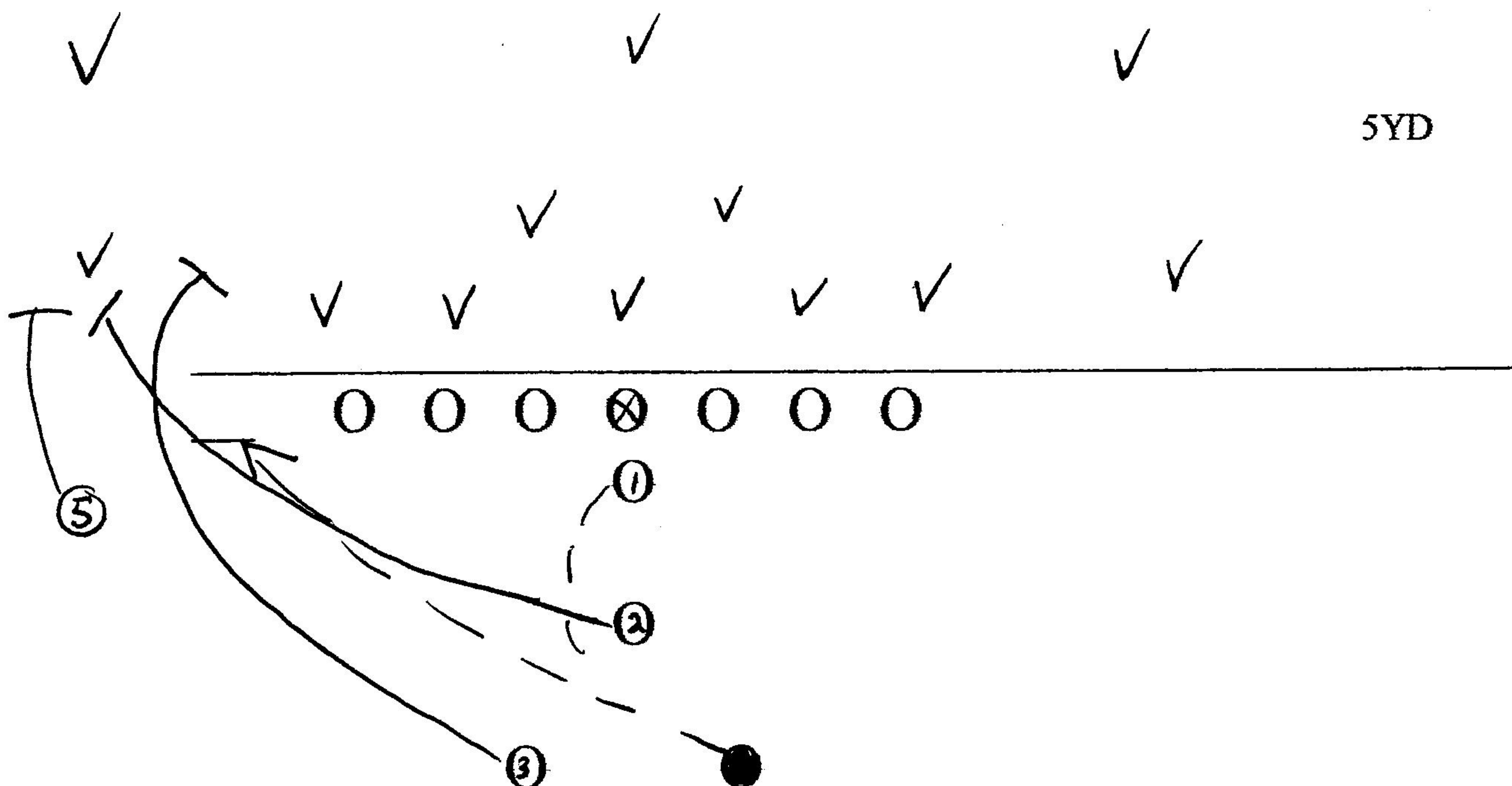
5YD



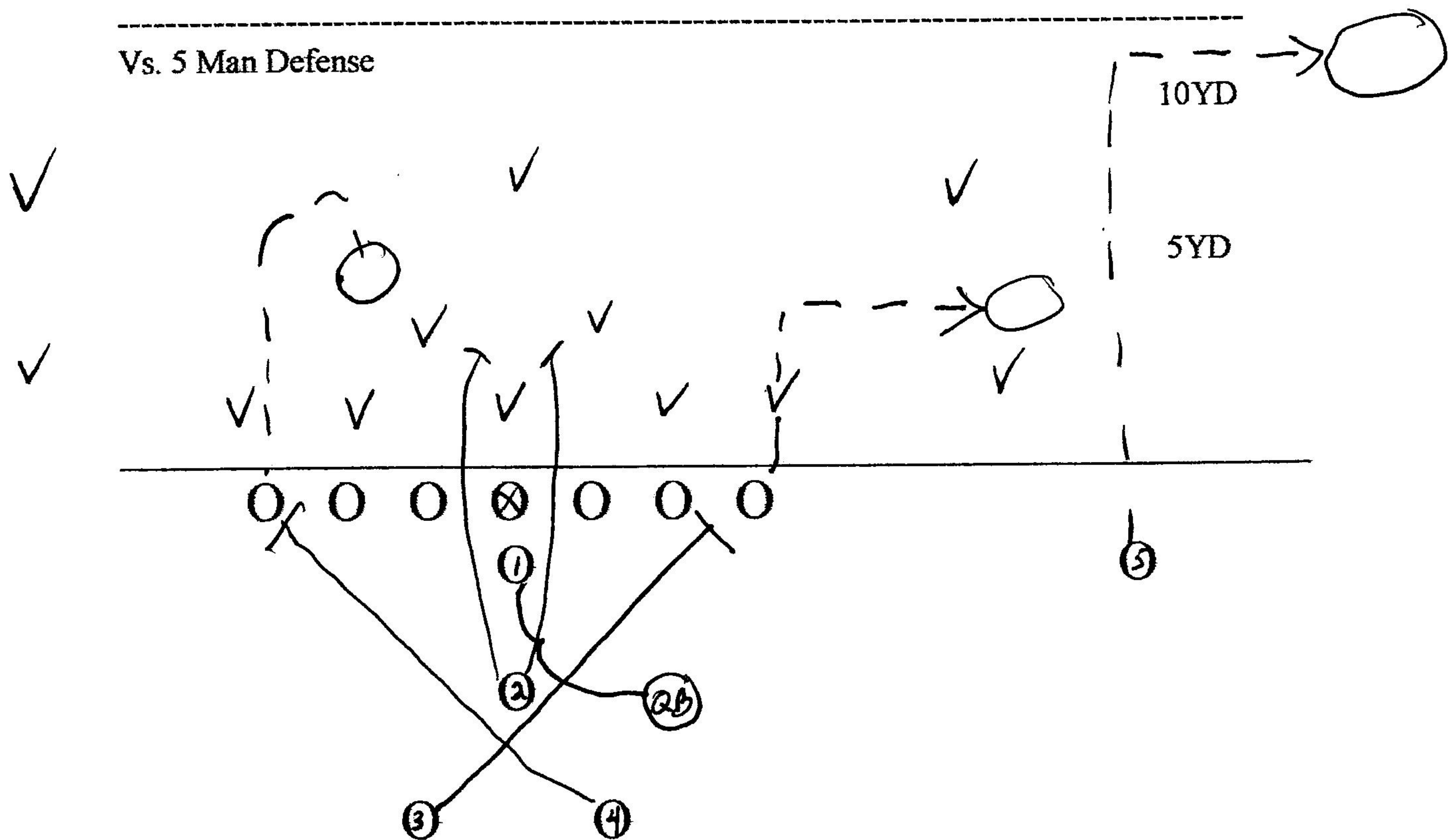
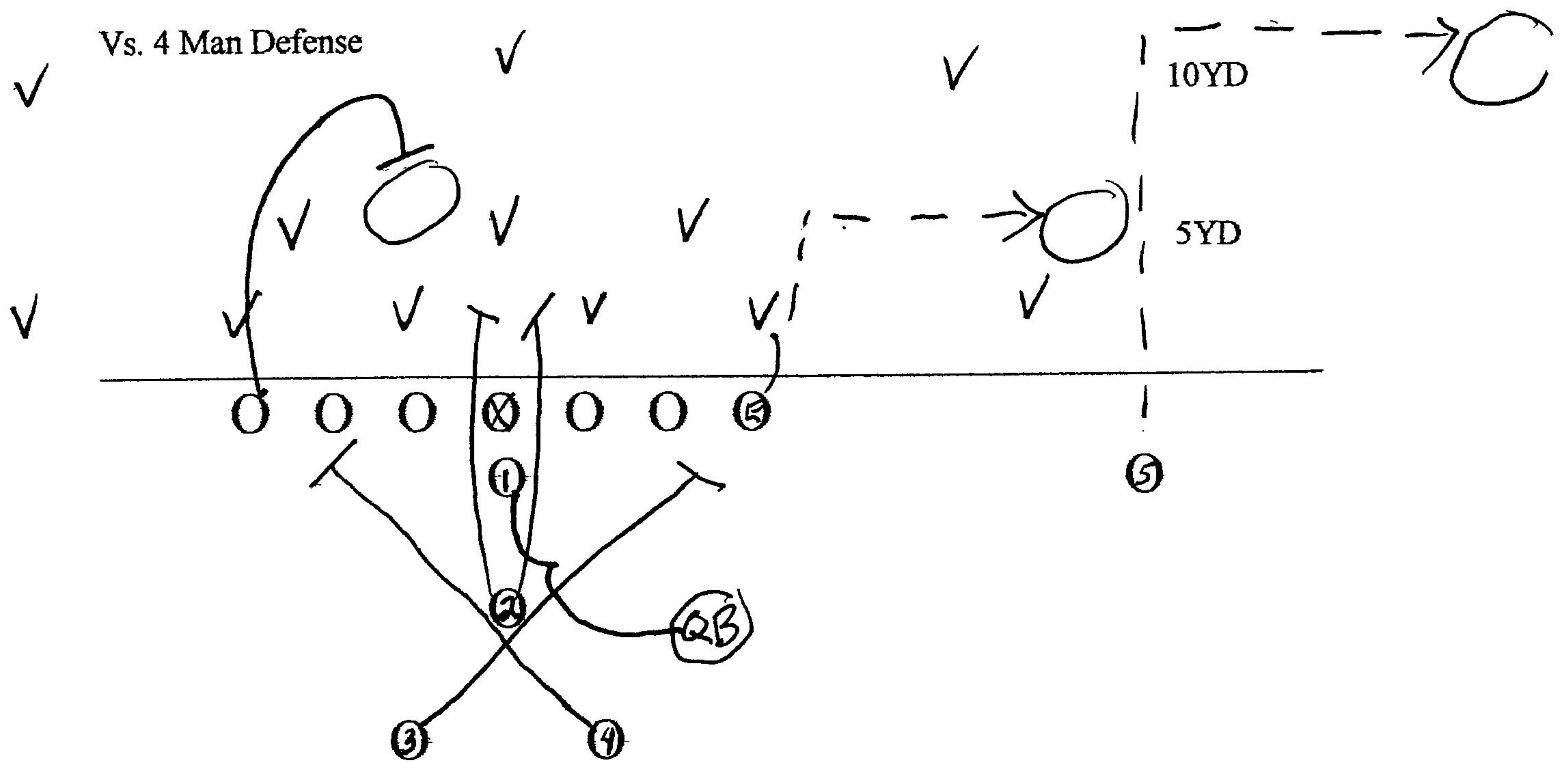
Vs. 5 Man Defense

10YD

5 YD



STRONG RIGHT 21/22 PLAY ACTION PASS

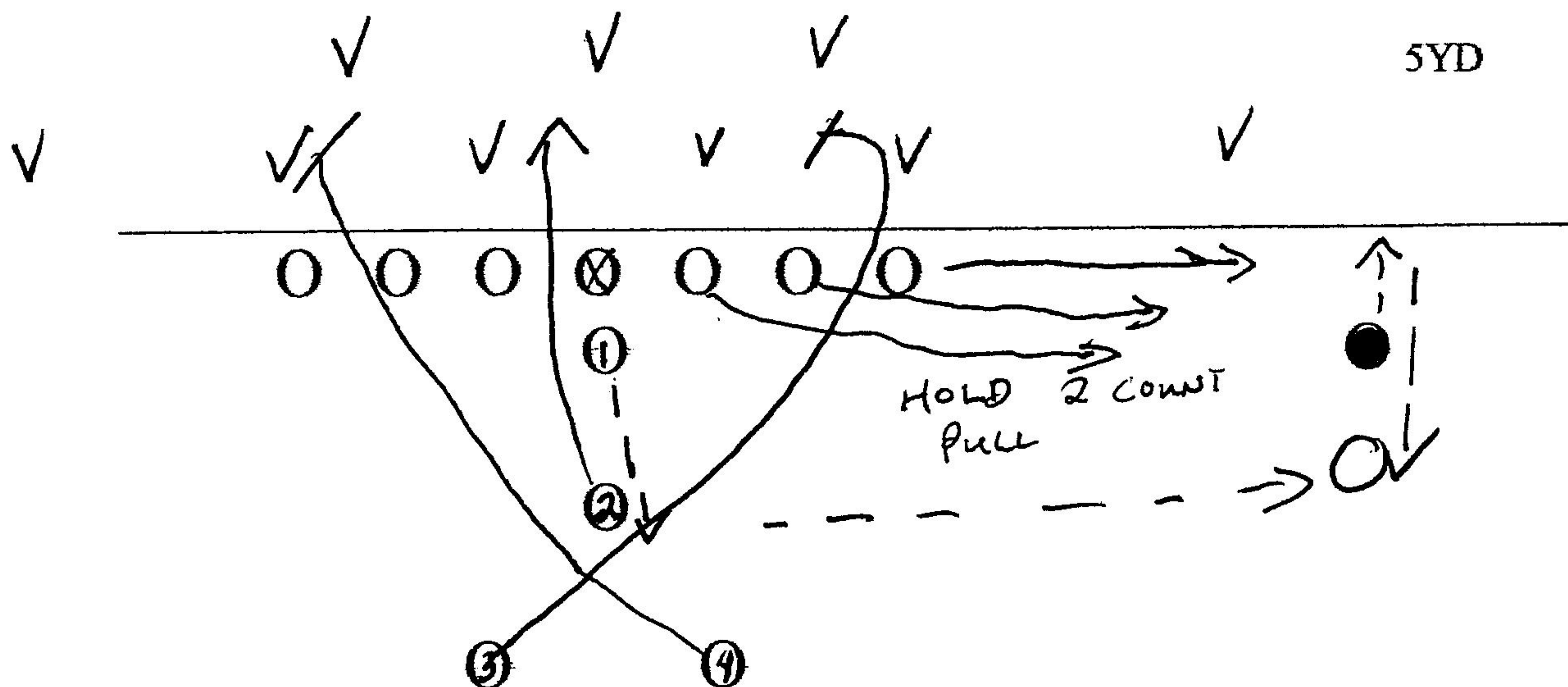


STRONG RIGHT
FLANKER SCREEN 58 RIGHT

Vs. 4 Man Defense

10YD

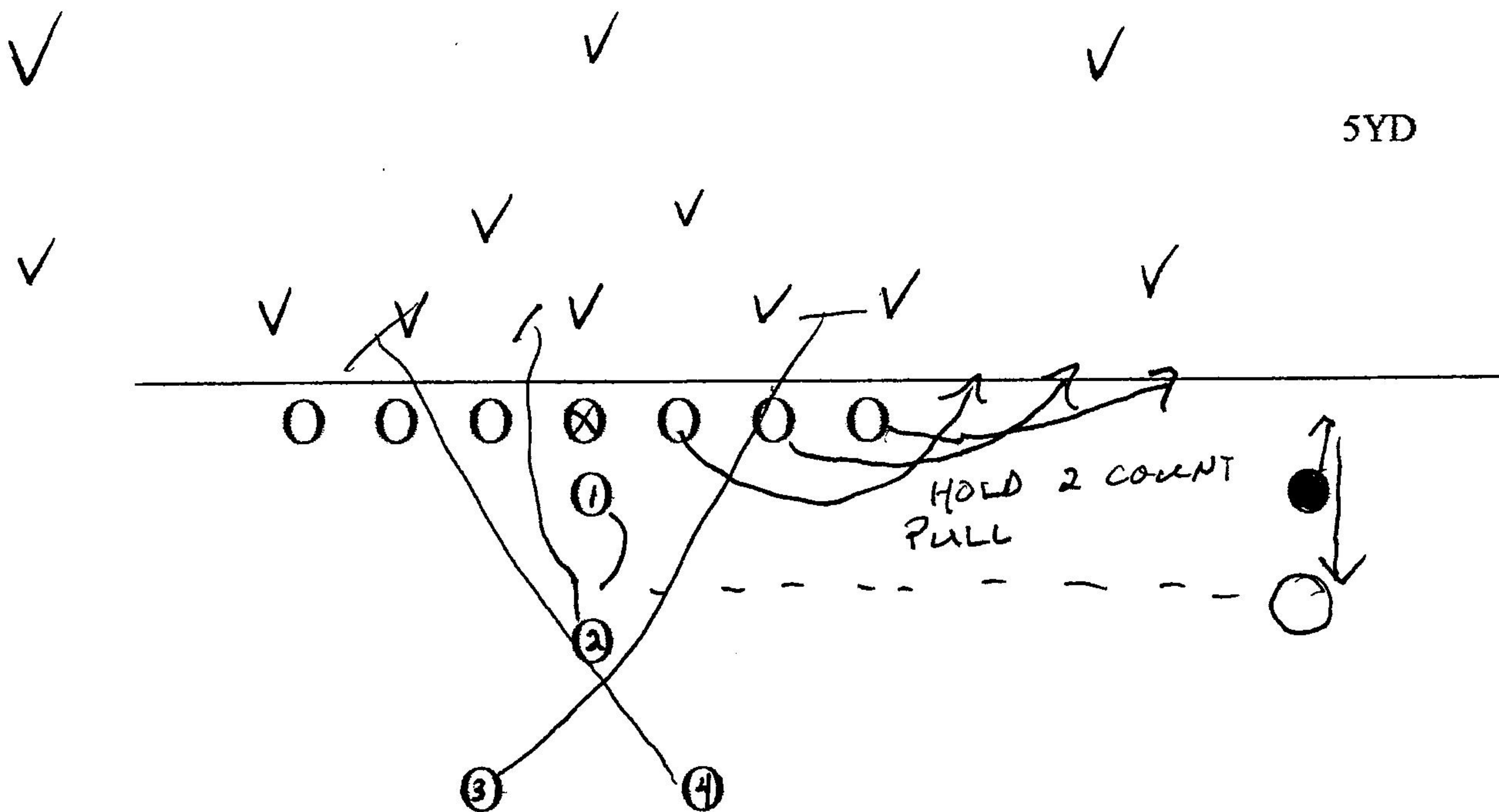
5YD



Vs. 5 Man Defense

10YD

5YD



STRONG RIGHT PRO PASS LEFT OR RIGHT

